

D132

ASSEMBLY INSTRUCTIONS

● REPLACEMENT PARTS

weider®

NN-1082

RECOMMENDED WEIGHT SET - 160LBS.

BLACK FRAME
GREEN SEAT

WEIDER HEALTH AND FITNESS

21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367

TABLE OF CONTENTS

DIAGRAM	1
PARTS LIST	2
ASSEMBLY INSTRUCTIONS	3
STEP 1 FRAME ASSEMBLY	3
STEP 2 BACKREST PREPARATION	3
STEP 3 ATTACHING BACKREST & SEAT	4
STEP 4 ATTACHING LEG CURL	4
STEP 5 BUTTERFLY ATTACHMENT	5
STEP 6 COMPLETED BENCH	5
REPAIR PARTS & SERVICE	6

LETTER B NEED TO BE LONGER

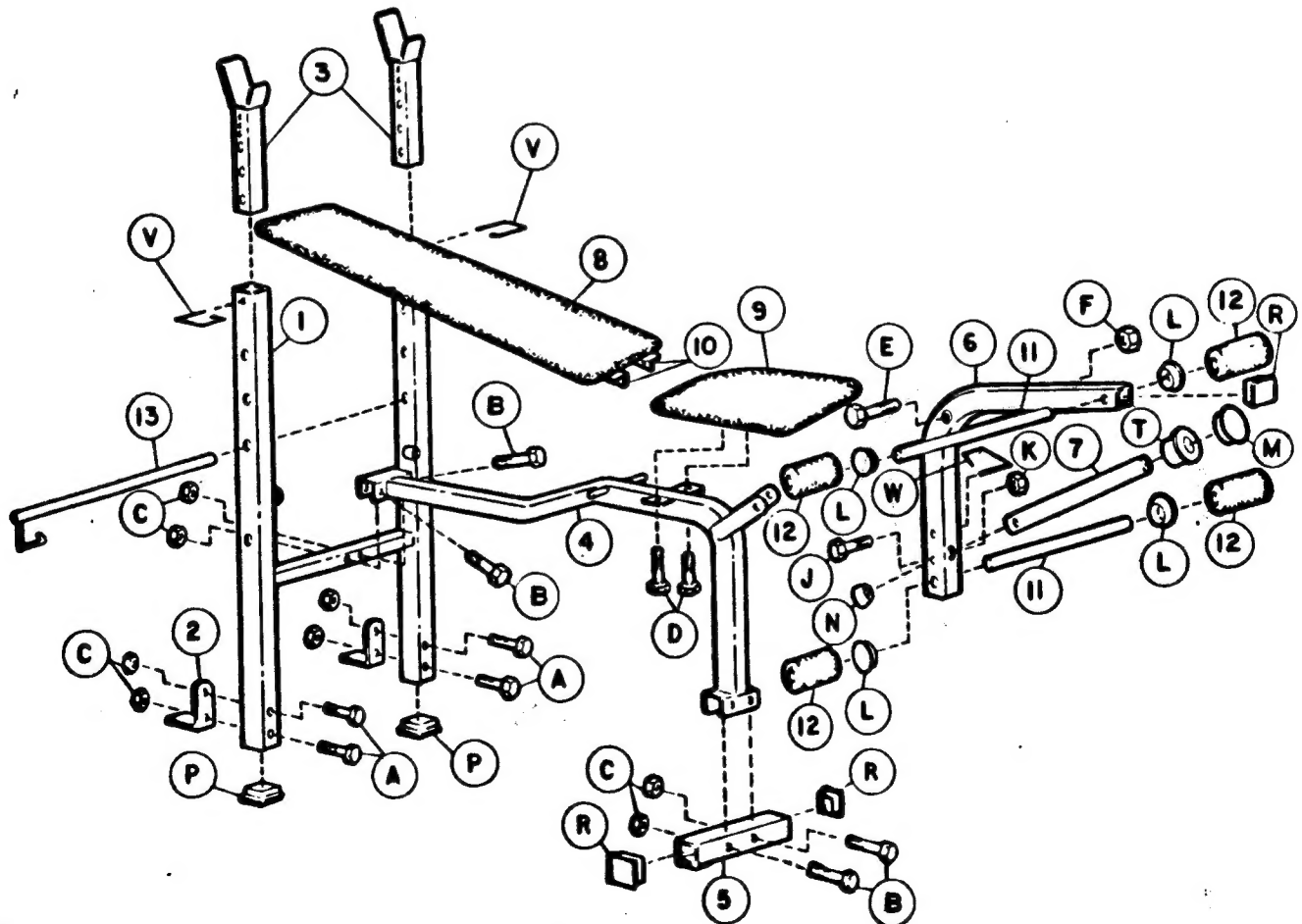


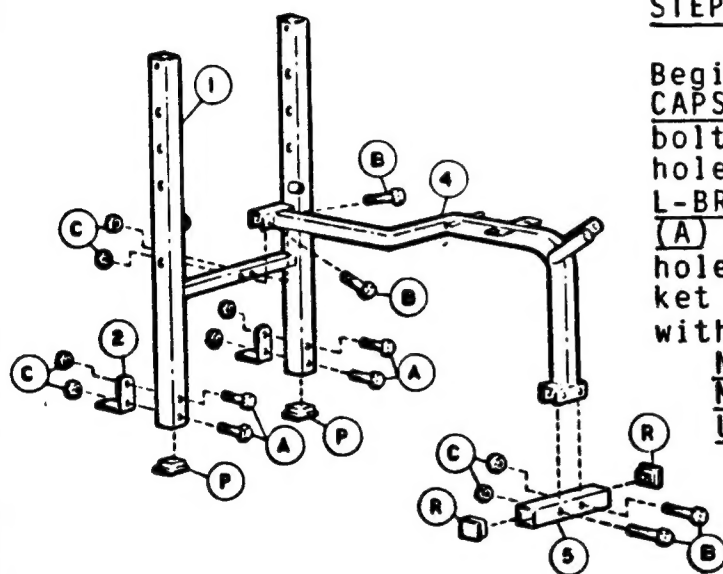
DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NO.
1	UPRIGHT	1	K0247-C14
2	L-BRACKET	2	K6125-A22
3	ADJUSTABLE UPRIGHT	2	K0230-A22
4	MAIN FRAME	1	K0151-D01
5	FRONT SUPPORT	1	K0116-C14
6	LEG CURL	1	K0152-D01
7	WEIGHT PIN 14"	1	K0148-C15
8	BACKREST	1	K0395-D02
9	SEAT	1	K0396-D02
10	LONG ANGLE IRON	2	K6229-D01
11	PAD BAR	2	K6136-C08
12	FOAM PAD	4	K0425-A05
13	BACKREST ADJ. BAR	1	K6054-A06
14	RIGHT BUTTERFLY	1	K6156-C14
15	LEFT BUTTERFLY	1	K6158-C14
16	BUTTERFLY PAD BAR	2	K6157-C14
17	WEIGHT PIN 10 1/2"	2	K6230-D02
18	BUTTERFLY FOAM PAD	2	K0412-B18
	HARDWARE BAG	1	K5820-D02
A	5/16"-20 X 2 1/2" HEX HEAD BOLT	4	HH-5015
B	5/16"-20 X 2" HEX HEAD BOLT	4	HH-5017
C	5/16"-20 LOCK NUT	8	HH-5021
D	*1/4"-20 X 3/4" MACHINE SCREW	6	HH-5022
E	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018
F	3/8"-16 LOCK NUT	1	HH-5013
G	1/4"-20 X 1 3/4" MACHINE SCREW	2	HH-5255
H	1/4"-20 LOCK NUT	2	HH-5011
J	5/16"-20 X 1 3/4" HEX HEAD BOLT	3	HH-5240
K	5/16"-20 ACORN NUT	3	HH-5019
L	3/4" ROUND PLASTIC CAP	6	AA-8004
M	1" ROUND PLASTIC CAP	5	AA-8005
N	1" ROUND PLASTIC COVER CAP	1	AA-8070
P	2" SQUARE PLASTIC CAP	2	AA-8002
R	1 1/2" SQUARE PLASTIC CAP	5	AA-8001
S	7/8" ROUND PLASTIC CAP	2	AA-8088
T	PLASTIC BUSHING	2	AA-8112
U	PLASTIC SLEEVE	2	AA-8091
V	SMALL LOCKING PIN	2	WW-7002
W	LARGE LOCKING PIN	1	WW-7004
X	PECK DECK PIN	2	WW-7037
Y	STOPPER PIN	2	WW-7038
	UPRIGHT DECAL	1	DE-4103
	INSTRUCTION MANUAL	1	KNN-1082
	EXERCISE CHART	1	KNN-1080
	*PRE-ASSEMBLED WITH SEAT & BACKREST		

IMPORTANT NOTICE

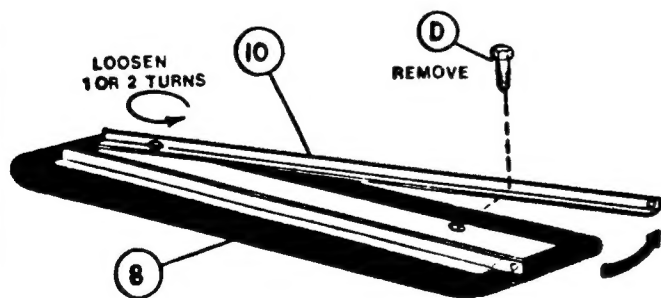
BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

1. PLEASE READ THE INSTRUCTIONS CAREFULLY, PAYING PARTICULAR ATTENTION TO ALL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS; FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
2. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
3. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
4. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
5. RECOMMENDED TOOLS FOR PROPER ASSEMBLY ARE AS FOLLOWS: A HAMMER, PLIERS, MEDIUM SIZE FLATHEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.

STEP 1 - FRAME ASSEMBLY



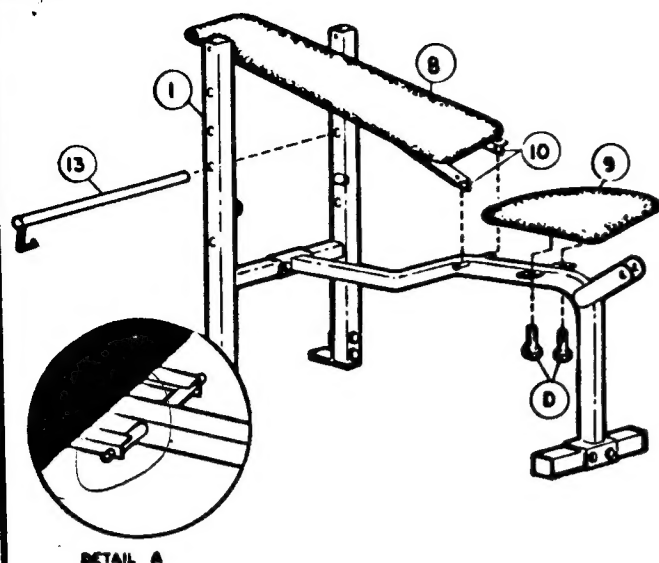
Begin by inserting 2 SQUARE PLASTIC CAPS (P) into UPRIGHT (1). Align bolt holes on L-BRACKET (2) with bolt holes on UPRIGHT (1). Secure each L-BRACKET (2) with 2 HEX HEAD BOLTS (A) and 2 LOCK NUTS (C). Align bolt holes on MAIN FRAME (4) front u-bracket and FRONT SUPPORT (5). Secure with 2 HEX HEAD BOLTS (B) and 2 LOCK NUTS (C). Lower rear u-bracket of MAIN FRAME (4) onto crossmember of UPRIGHT (1) aligning bolt holes. Secure with 2 HEX HEAD BOLTS (B) and 2 LOCK NUTS (C). Insert 2 SQUARE PLASTIC CAPS (R) into FRONT SUPPORT (5). Tighten all bolts.



STEP 2 - BACKREST PREPARATION

Note: The lower or attachment end of the BACKREST (8) can be identified quickly by the LONG ANGLE IRONS (10). The LONG ANGLE IRONS (10) will be extended approximately two inches beyond the BACKREST (8).

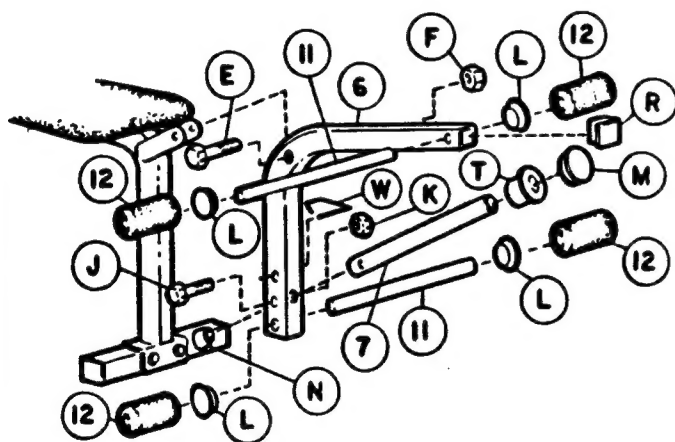
Turn BACKREST (8) over to expose work area. Both LONG ANGLE IRONS (10) have been fastened to BACKREST (8) for shipment. One LONG ANGLE IRON (10) must be loosened in order to assemble BACKREST (8) to Main Frame Pivot Rod. The lower MACHINE SCREW (D) must be removed while the upper MACHINE SCREW (D) is only loosened. The LONG ANGLE IRON (10) can now swing free from the lower end of BACKREST (8).



STEP 3 - ATTACHING BACKREST & SEAT

BACKREST: To aid in attaching BACKREST (8), first slide BACKREST ADJ. BAR (13) through one of the hole patterns in the UPRIGHT (1). With LONG ANGLE IRON (10) free, lower BACKREST (8) to Main Frame Pivot Rod. Slide the secured LONG ANGLE IRON (10) onto one side of Pivot Rod. Swing the free LONG ANGLE IRON (10) back to its original position and onto the opposite end of the Main Frame Pivot Rod. See Detail A. Replace MACHINE SCREW (D) that was removed in Step 2 and tighten all machine screws.

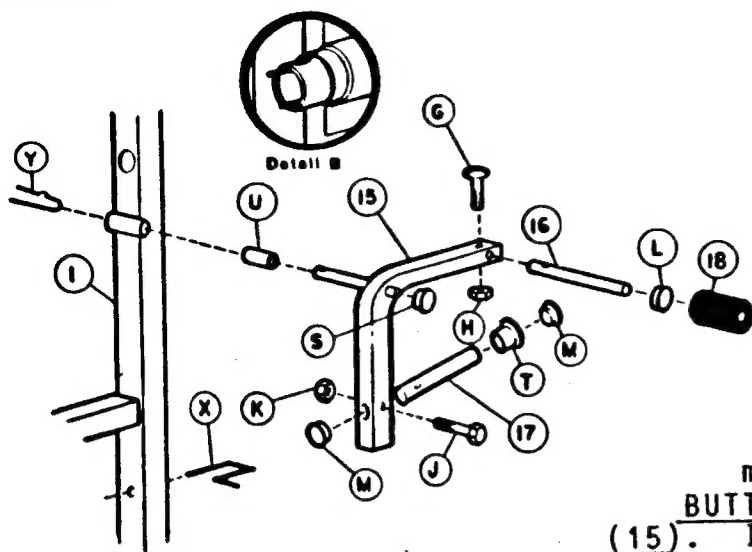
SEAT: With SEAT (9) right-side up, lower to seat brackets on MAIN FRAME (4). Align bolt holes and fastened with 2 MACHINE SCREWS (D).



STEP 4 - LEG CURL

First, slide WEIGHT PIN (7) thru angled holes on the front of LEG CURL (6). Align bolt holes and secure with HEX HEAD BOLT (J) and ACORN NUT (K). Place COVER CAP-15° (N) over rear extended portion of WEIGHT PIN (7). Slide PLASTIC BUSHING (T) over WEIGHT PIN (7) until it is against the leg curl. Insert ROUND PLASTIC CAP (M) into end of WEIGHT PIN

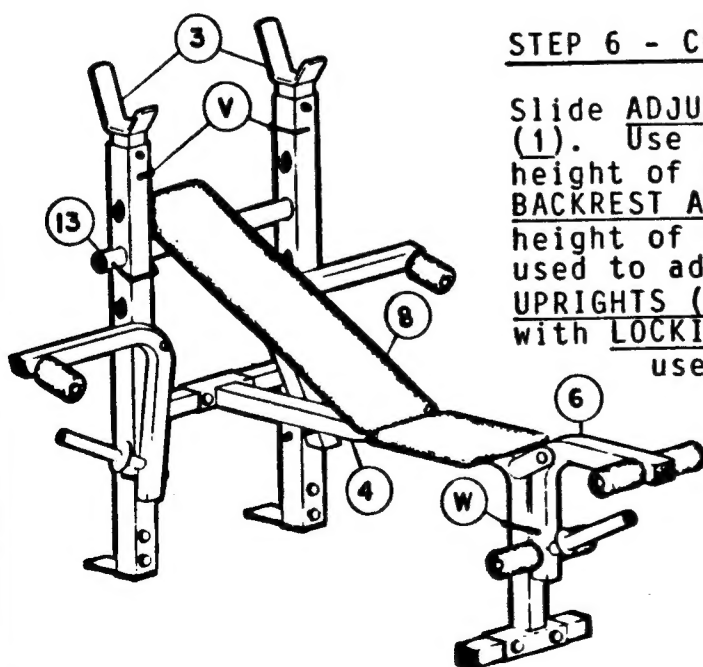
(7). Insert SQUARE PLASTIC CAP (R) into end of LEG CURL (6). Position LEG CURL (6) between leg curl brackets on MAIN FRAME (4). Secure with HEX HEAD BOLT (E) and LOCK NUT (F). **DO NOT OVER TIGHTEN!** Repeat the following instructions until all remaining leg curl parts are in place. First, slide PAD BAR (11) thru proper hole in LEG CURL (6) until equal amounts of bar are on both sides. (To help with the following step, a small amount of liquid detergent should be applied to both ends of PAD BAR (11). This acts as a lubricant in assembling FOAM PADS (12) and also acts as an adhesive after it has dried.) Slide FOAM PAD (12) onto each end of PAD BAR (11). Insert ROUND PLASTIC CAPS (L) into each end of PAD BAR (11).



STEP 5 - BUTTERFLY ATTACHMENT

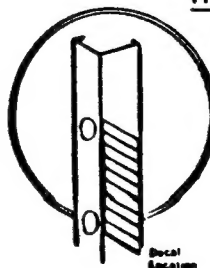
There are two butterfly attachments with this unit: a RIGHT BUTTERFLY (14) and a LEFT BUTTERFLY (15). Instructions are given for one and are repeated to assemble the other.

First, slide BUTTERFLY PAD BAR (16) thru the large hole in the end of the Butterfly aligning the bolt holes. Secure with MACHINE SCREW (G) and LOCK NUT (H). Insert ROUND PLASTIC CAP (L) into BUTTERFLY PAD BAR (16). Slide FOAM PAD (18) over BUTTERFLY PAD BAR (16). Assemble WEIGHT PIN (17) into angled hole on front of Butterfly Frame. Align bolt holes and secure with HEX HEAD BOLT (J) and LOCK NUT (K). Insert ROUND PLASTIC CAPS (M) into both ends of WEIGHT PIN (17). Slide PLASTIC BUSHING (T) over WEIGHT PIN (7) until it is against the Butterfly Frame. Insert ROUND PLASTIC CAP (S) into welded tube on Butterfly. Assemble PECK DECK PIN (X) into small lower hole on side of UPRIGHT (1). This pin is used as a stop for the Butterfly Attachment. Slide PLASTIC SLEEVE (U) over welded Butterfly Tube. Slide entire assembly into welded tube bracket on UPRIGHT (1). Insert STOPPER PIN (Y) into center of assembly (rounded end first), making sure the side of the STOPPER PIN (Y) that has a raised section is aligned with the hole in the welded Butterfly Tube. Push STOPPER PIN (Y) into welded Butterfly Tube until it clicks into place as the raised section exits the hole.



STEP 6 - COMPLETED BENCH

Slide ADJUSTABLE UPRIGHTS (3) into UPRIGHT (1). Use LOCKING PINS (V) to adjust the height of the ADJUSTABLE UPRIGHTS (3). The BACKREST ADJ. BAR (13) is used to adjust the height of the BACKREST (8). It can also be used to adjust the height of the ADJUSTABLE UPRIGHTS (3), but is not used in conjunction with LOCKING PINS (V). LOCKING PIN (W) is used to lock the LEG CURL (6) to the MAIN FRAME (4).



REPAIR PARTS AND SERVICE

IMPORTANT

***BEFORE CALLING THE 800 NUMBER ***

IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST
SEND IN YOUR WARRANTY CARD

CUSTOMER SERVICE 1-800-225-0653

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. OLNEY, ILL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

**TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU
PURCHASED THIS UNIT.**

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

● MODEL NO. ● NAME OF PART ● ORDERING NUMBER

WARNING

CONSULT YOUR PHYSICIAN

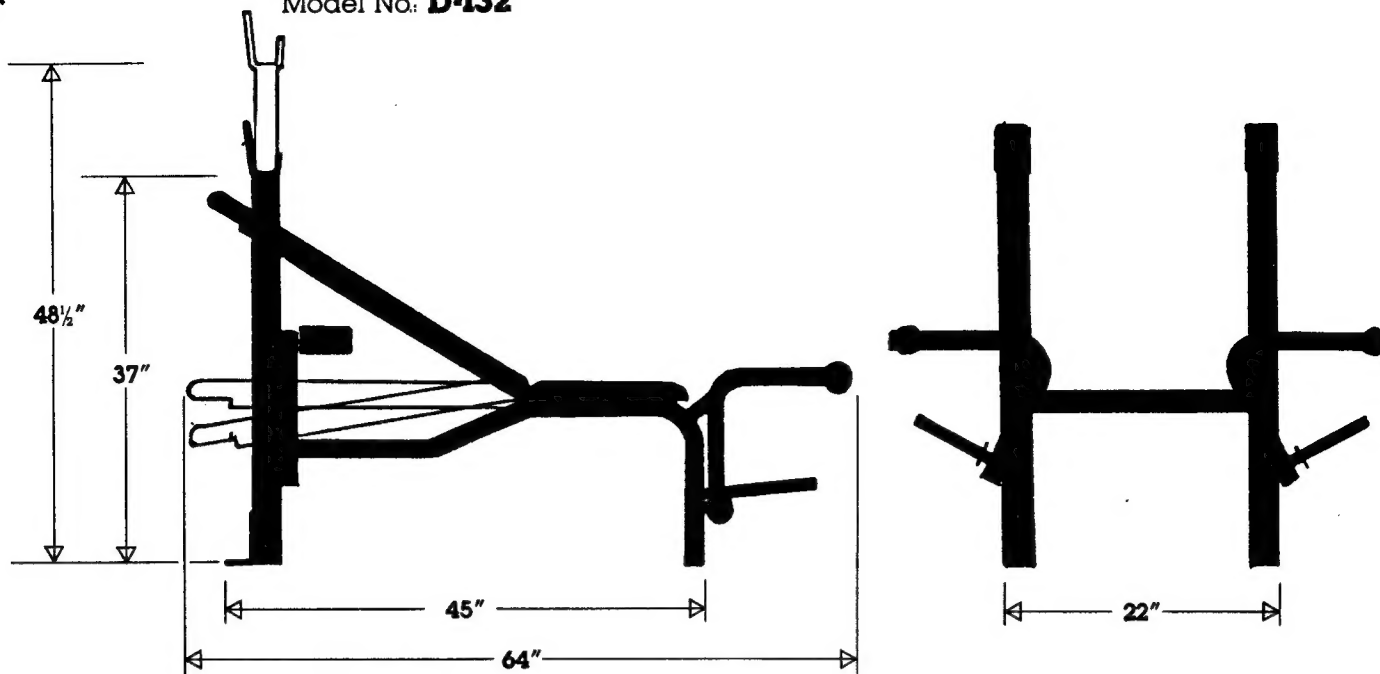
CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.

Model No: **D-132**



Uprights:

Minimum Ht.: 37"
Maximum Ht.: 48 1/2"

Backrest Adjustments: 5

Seat Adjustment: 0

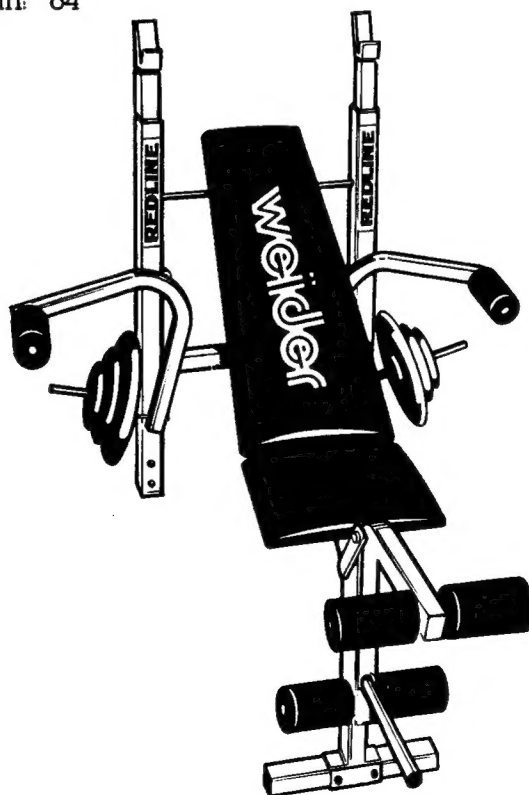
Unit Shipping Wt.: 52 lbs.

Carton Dimensions: $\frac{42\frac{7}{8}"}{W} \times \frac{22\frac{1}{8}"}{H} \times \frac{6\frac{1}{4}"}{L}$

Base:

Length: 45"
Width: 22"
Overall Length: 64"

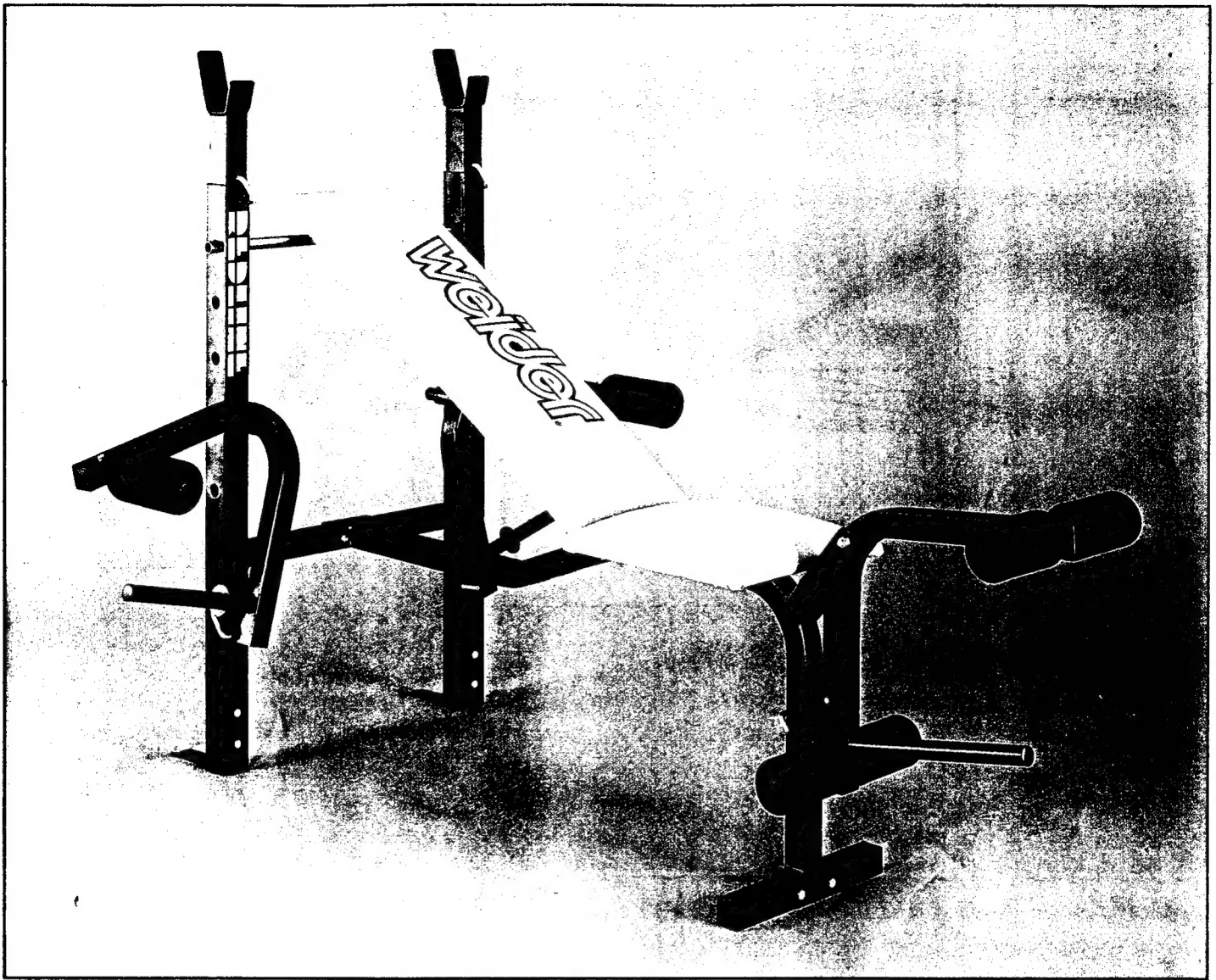
Cubic Ft.: 3.4



weider.

The Total Fitness Company™

21100 Erwin Street, Woodland Hills, CA 91367-3772 • (818) 884-6800



D-132 REDLINE PLUS BENCH

FEATURES:

- 2.0" square tubing uprights
- 1.5" square tubing frame
- Classic design
- Adjustable height uprights
- Butterfly attachment
- Front and rear stabilizers
- No-pinch, locking leg lift/curl attachment
- Unique 5-position incline/decline backrest
- Vinyl covered, fire resistant foam padding with full backing
- Soft, durable ankle pads
- Baked on, powder coated finish
- Manufacturers warranty

BENEFITS

- For increased weight loads
- For added stability
- For ease of assembly
- For safer weight set control at selected heights
- For additional upper body development exercises
- For greater safety
- For more varied workout including sit-ups
- For performing additional weight-training exercises
- Easy to keep clean and comfortable
- For a more comfortable workout
- Extremely durable finish
- Customer protection. One year full, five year limited

Black w/ grey seat

weider